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(54) Title: PROCESS OF BEAK-NUN-CHO WHITE KIMCHI FOR STAMINA

(57) Abstract: Disclosed is a method for preparing health-aid white kimchi containing *Opuntia ficus midia*. About 51.5 parts by weight of half-cut Chinese cabbages whose outer leaves are trimmed off are immersed in about 8% saline for about 12 hours and rinsed with water, followed by dewatering. About 9.3 parts by weight of radish is cut into segments, and mixed with about 1 part by weight of clove onion pieces about 4 cm long, about 1 part by weight of dropwort stem pieces about 4 cm long, about 3 parts by weight of apple pieces, about 3 parts by weight of pear pieces, about 0.5 part by weight of chestnut pieces, about 2 parts by weight of carrot pieces, about 2 parts by weight of onion pieces, about 0.5 part by weight of *Opuntia ficus midia* pieces about 0.2 mm thick, about 0.1 part by weight of red pepper sections about 0.3 cm thick, about 0.3 part by weight of jujube flesh slices, about 3 parts by weight of crushed garlic, and about 1 part by weight of crushed ginger, along with about 0.3 part by weight of salt. The resulting radish segment mass is applied to each leaf of the cabbage, after which the cabbage is wrapped with its outer leaves and soaked in soured water. The white kimchi is beneficial to the health of the body owing to its containing *Opuntia ficus midia*, and has a good flavor, thereby making a contribution to an improvement in the national diet, as well as becoming a globalized food.

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